

MEMORIAL

JOHN B. YOUMANS

RUDOLPH H. KAMPMEIER

John Youmans became a member of this Association in 1934 and attended its meetings quite frequently to enjoy his many friends among its members. He died on May 7, 1979 after an illness of several months.

He was born in Mukwonago, Wisconsin, on September 3, 1893, where his father and grandfather had practiced medicine before him. After completing his premedical studies at Carroll College of Waukesha, he enrolled at the University of Wisconsin receiving a Master's degree in fulfillment of the first two years of medicine as offered at that time. Following a year as Director of the Wisconsin State Laboratory of Hygiene, John Youmans entered the Johns Hopkins Medical School to receive his M.D. degree in 1919. He served as an intern at the Milwaukee Children's Hospital and then for a year as a medical house officer at the Massachusetts General Hospital. This was followed by a year as assistant in medicine at the Johns Hopkins Medical School. He was appointed instructor in medicine at the University of Michigan Medical School in 1922, advancing to assistant professor in 1924. Here he developed and showed his skill as an administrator first as a director of the outpatient service and in his last two years at Michigan in sharing much of the administration of the Department of Medicine with Dr. James D. Bruce, its Director.

In 1927, G. Canby Robinson invited John to join the faculty of the recently reorganized Vanderbilt University School of Medicine. Robinson characterized him as "an unusually able administrator and physician." Except for the years 1946-1950, when John Youmans served as Dean and Professor of Medicine at the University of Illinois College of Medicine and as Medical Director of its Research and Education Hospital in Chicago, his name was indelibly identified with Vanderbilt. Here he moved to full professorship, and filled the post of Director of Postgraduate Instruction for two decades and acted as departmental head 1942-1944. He returned to Vanderbilt as Dean, Professor of Medicine and Director of Medical Affairs, to serve until retirement in 1958 with the titles of Professor of Medicine Emeritus and Dean Emeritus.

Dr. Youmans attained national recognition in the field of medical education through contributions in the Association of American Medical Colleges which he served as treasurer for a decade and as president in 1956. His outpatient teaching service for fourth year medical students in the 1930's served as a model for a number of medical schools as new

programs were being initiated in the post-Flexnerian era. His concept in postgraduate education were innovative as of that time.

Characteristic of the era before subspecialism, John Youman's early publications revealed a breadth of interest. However, shortly after joining the Vanderbilt faculty he developed interest in three things: the pathogenesis of edema which lead him into investigation of nutritional deficiencies as recorded in many publications, a textbook, and the assessment of a rural population in Middle Tennessee. In Unoccupied France in 1940-41, he tested this survey technique as a member of the Rockefeller Health Commission to Europe; the method won him the award of Chevalier French Legion of Honor. As Colonel, AUS, Director of Nutrition, of the Division of Preventive Medicine, the Surgeon General's office (1944-1946), he used the survey method in troops of the Chinese Nationalist Army. After VE Day he applied the survey to populations in the American Zone in Germany by teams of his choosing. During the three decades after the war these survey methods were used to study both military and civilian populations in two dozen countries of the third world under the Interdepartmental Committee in Nutrition for National Defense to which Dr. Youmans served as special consultant. The basic design of the survey was used in the Ten-State Nutrition studies and the subsequent HANES program in this country. It continued to be employed in investigating the needs of underdeveloped countries.

John Youmans' contributions in nutrition have been recognized by the American Medical Association with its Goldberger Award in Clinical Nutrition, with the Conrad A. Elvehjem Award by the American Institute of Nutrition, and with the Groedel Medal of the American College of Cardiology. He served as a member of the AMA Council of Foods and Nutrition for many years and on advisory committees to the National Research Council, the office of the Surgeon General of the Army and the Veterans Administration. He was a member of the editorial boards of the *Journal of Nutrition*, *Nutrition Reviews* and the *American Journal of Medicine*, and was editor of *The American Practitioner* for a dozen years from its beginning.

Early in his professional career John was elected a member of the American Society for Clinical Investigation and later of the Association of American Physicians. He was a Master of the American College of Physicians.

He served as a private in World War I. As Colonel and Director of Nutrition Division in the Surgeon General's Office in World War II he received the Legion of Merit Award. Upon retirement from Vanderbilt he became Technical Director of Research, U.S. Army Medical Research and Development Command, Washington, for two years, earning the Medal for Exceptional Civilian Service. Thereafter he became Director,

Division of Scientific Activities of the American Medical Association, 1960-62.

The small classes of 50 students, the hall-mark of Vanderbilt, permitted a lasting imprint on each student by John Youmans, stimulating as a superb clinician and exacting in his excellence as a teacher. For many years he emphasized meticulous historytaking and physical examination in his course on physical diagnosis for second year students, and demanded a demonstration of the mastery of these tools at the bedside by the third year clinical clerks, and by the fourth year students in the medical outpatient service designed by him to gain the maximum of clinical experience from ambulant patients. Today, his students of forty years ago recall the lessons he left with them.

John had a love of music and reading, had an appreciation of art and, too, was a daring and excellent equestrian.

He married Lola Dee Williams in 1917. She and two daughters, Jane and Lynne, and eight grandchildren survive for all of whom he had spun strong family ties.

John Youmans was a man of strong convictions, always courteous and endowed with a sympathetic understanding of human foibles. Never once in more than a half century of an intimate friendship had I ever heard him utter a harsh criticism of anyone. His death has meant the loss of a friend to many, clinician and teacher of excellence and one who left a stamp on the medical education of his time. To the world he contributed the medium through which the needs of the third world nations can be made known as a prelude to their relief and for better health.